



Sautéed haddock with summer veg

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 700 g new potatoes
- ☐ 350 g button onions peeled
- ☐ 5 tbsp olive oil
- ☐ 2.5 tbsp juice of lemon
- ☐ 24 asparagus spears
- ☐ 150 ml half-fat crème fraîche
- ☐ 1 tbsp capers finely chopped
- ☐ 1 knob butter

- ☐ 250 g punnet cherry tomatoes halved
- ☐ 1050 g haddock fresh
- ☐ 2 tbsp olive oil

Equipment

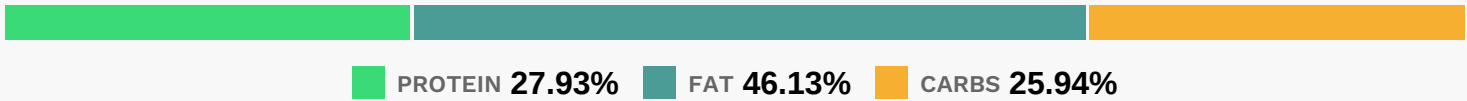
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Boil the whole potatoes in water for 20–25 mins, or 30 mins if large.
- ☐ Add the button onions for the final 8–10 mins of cooking time.
- ☐ Drain. Halve the potatoes into a bowl and season. Halve the button onions if large, ready to saut before serving.
- ☐ Whisk together the olive oil and lemon juice, then stir into the potatoes (see Garys tip, right). Keep warm.
- ☐ Trim and peel the asparagus.
- ☐ Place in a pan of boiling salted water for 2–3 mins until tender. Plunge immediately into iced water to prevent overcooking.
- ☐ Mix the crme frache and enough of the capers to suit your taste.
- ☐ Lightly flour the skinned side of the haddock, then season the other side.
- ☐ Heat the olive oil in a large frying pan, then place the fish, floured side down, in the pan and cook over a medium-hot heat for 5–6 mins until golden brown. Turn the fish, add a knob of butter and baste it over the fish, then cook for a further 2 mins.
- ☐ Remove the pan from the heat and leave the fish to continue cooking in the warmth of the pan for a further 1–2 mins this will finish cooking the fish without overcooking.
- ☐ While frying the fish, melt a knob of butter in another pan and, when sizzling, fry the button onions to a golden brown.
- ☐ Add the cherry tomatoes and asparagus to the pan to warm through, then season. Stir this into the potatoes.

Spoon the potatoes onto warm plates, drizzle some of the salad dressing around, then drizzle with spoonfuls of the crme frache. Sit the fish on top and serve the remaining caper crme frache separately.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:16.49, Inflammation Score:-8, Nutrition Score:28.025217678236%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.57mg, Isorhamnetin: 6.57mg, Isorhamnetin: 6.57mg, Isorhamnetin: 6.57mg Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 24.39mg, Quercetin: 24.39mg, Quercetin: 24.39mg, Quercetin: 24.39mg

Nutrients (% of daily need)

Calories: 482.27kcal (24.11%), Fat: 24.99g (38.44%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 26.35g (9.58%), Sugar: 6.62g (7.35%), Cholesterol: 116.36mg (38.79%), Sodium: 458.06mg (19.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.04g (68.08%), Selenium: 48.6µg (69.44%), Phosphorus: 545.57mg (54.56%), Vitamin B12: 3.26µg (54.32%), Vitamin C: 43.08mg (52.22%), Vitamin B6: 1.01mg (50.52%), Vitamin B3: 8.07mg (40.35%), Vitamin K: 41.21µg (39.25%), Potassium: 1335.34mg (38.15%), Vitamin E: 4.31mg (28.77%), Folate: 92.59µg (23.15%), Magnesium: 85.48mg (21.37%), Manganese: 0.42mg (21.12%), Fiber: 5.26g (21.03%), Vitamin A: 1032.07IU (20.64%), Vitamin B1: 0.27mg (17.9%), Vitamin B2: 0.3mg (17.48%), Copper: 0.35mg (17.42%), Iron: 3.12mg (17.34%), Vitamin B5: 1.45mg (14.46%), Zinc: 1.49mg (9.95%), Calcium: 93.11mg (9.31%), Vitamin D: 0.88µg (5.83%)